

THE KITCHEN CABINET

Let us learn to be content with what we have, let us get rid of our false estimates, set up all the higher ideals; a quiet home; vines of our own planting; a few books full of inspiration of a genius, a few friends worthy of being loved and able to love us in return. —David Swing.

FOR MEATLESS DAYS.

Beans, nuts and various vegetable combinations which take the place of meat may be used to furnish variety. Such foods as dried peas, beans and lentils, need soaking with long, slow cooking. The addition of soda to soften the cellulose is often a help.

Bean Chops.—Soak a pint of dried beans overnight, parboil and drain, then cook in boiling water to cover until tender. Put through a sieve and to the pulp add two cups of strained tomatoes to which a pinch of soda has been added, two tablespoons of melted butter or olive oil, one cup of finely chopped walnut meats, a pinch of powdered sage, one teaspoonful each of parsley and onion finely minced, one teaspoonful of salt, a dash of pepper, a half cup of bread crumbs, and a well-beaten egg. Turn into a shallow dish and when cold mold into chops. Brush with oil and brown in a quick oven.

Nut Loaf.—Crumble the inside of a loaf of bread, then dry in a slow oven without browning. To three pints of the crumbs, measured before drying, add a teaspoonful of salt, a half teaspoonful of pepper, a dash of cayenne and two tablespoons each of sage and parsley finely minced, a sprinkling of summer savory, two cups of chopped celery and one sour apple finely minced. Melt a third of a pound of sweet fat and fry in it for five minutes one chopped onion. Pour this over the other ingredients and mix thoroughly. Beat three eggs, add a pint of milk and pour over the mixture. Add one cupful each of chopped filberts, pecans and Brazil nuts. Reserve a tablespoonful of the nuts to serve in the sauce. Shape into a loaf and bake an hour, basting often. For the sauce: Melt three tablespoons of butter, add a chopped onion and half a sour apple with three tablespoons of flour, cook until brown, add a pint of milk, nuts, and a cupful of the liquor from the pan in which the loaf was cooked. Cook until smooth. Pour around the loaf and garnish with slices of orange. The sauce may be served in a separate dish if so desired.

O'er the glad waters of the dark blue sea,
Our thoughts are boundless, and our souls as free
Far as the breeze can bear, the billow foam
Survey our empire and behold our home.

Unquiet meals make ill digestions.

MORE HONEY DISHES.

For those who are interested in producing more honey and thus saving sugar, the Bulletin No. 653 put out by the agricultural department at Washington, will be found most helpful. The following are some of the recipes recommended, slightly changed.

Honey Bran Cookies.—Take a half cupful of honey, the same amount of sugar, a fourth of a teaspoonful of cinnamon, the same of ginger, three cups of bran, a half teaspoonful of soda, half a cupful of milk, half a cupful of fat, and half a cupful of barley flour. Drop on buttered sheet and bake 15 minutes.

Honey Popcorn Balls.—Heat honey to 240 degrees F. with a candy thermometer. This dispels the water and it will be hard when cool. Honey, however, absorbs moisture when left uncovered, so the balls should be kept closely covered or reheated before using.

Honey Carmels.—Take two cups of granulated sugar, a half cupful of cream, a fourth of a cupful of honey, a fourth of a cupful of butter. Beat and stir until the sugar is dissolved, then cook without stirring until a firm ball is made when a little is dropped into cold water. Beat until thick, then pour into buttered pans and cut in squares. Pecans or other nuts may be added.

Honey Orange Marmalade.—To two cups of orange pulp and juice allow one cupful of honey, add one-half cupful of finely shredded peel, then cook until thick.

Sliced oranges and bananas sweetened with strained honey make a delicious dessert or a fruit salad to serve with small cakes as a finish to the meal.

Salad Dressing.—Take four egg yolks, two tablespoons of vinegar or lemon juice, two tablespoons of butter and two tablespoons of honey, a fourth of a teaspoonful of mustard, a teaspoonful of salt and a few dashes of paprika with a cupful of cream. Beat the cream. Add the beaten eggs to the other ingredients and cook carefully until thick, then add cream and set away to cool. When serving, add whipped cream.

They are as sick, that surfeit with too much, as they that starve with nothing—Shakespeare.

SWEET AS HONEY.

Honey will be more popular this year than ever, and many of our small farmers will feel called upon to increase their apiary; or, if not keeping bees, buy a few hives to keep the family in sweets for the year. There are government bulletins to be had for the asking on the culture and care of bees, as well as on honey dishes for the housewife. The man or woman, even if financially able to purchase food at any price, is feeling the need to get out and produce something in his own garden—foods, wheat for flour, sugar beets, baby beef, honey or maple sirup. There is a vast field for the patriotic citizen to do his bit in this way. Many women are raising sheep, as wool will be more and more scarce. Two chickens for every member of the family, even on a small city lot is the slogan of the poultry men, whom Uncle Sam is providing for every state.

Bees are not of necessity a farm animal, for these busy workers will be happy in the attic of a city home, there producing 60 to 80 pounds of honey from one hive. The extracted honey is the kind available for use in cookery, while the comb honey is liked for its flavor and table use.

Honey Mousse.—Beat four eggs slightly and pour over them very slowly one cupful of hot honey; cook until the eggs are thick, add a pinch of salt, and when cooked, a pint of cream whipped. Put into mold and pack in ice and salt. Let stand three or four hours to ripen.

Honey Custard.—Beat four eggs, add a quart of milk, one-half cupful of honey, one-eighth teaspoonful of powdered mace, one-fourth teaspoonful of salt; mix well and bake in cups set in hot water. Test the custard with a knife; when firm to the tender, remove at once and place in cold water. Custards that are overcooked are watery and unpalatable.

Honey Ice Cream.—Take a quart of thin cream, three-fourths of a cupful of honey, a few drops of almond extract and a few drops of rose water; freeze as usual.

Salad dressing of fruit is especially alive using honey and fruit juice mixed for the dressing. Oil may be added if desired.

He hath never fed of the dainties that are bred in a book; he hath not eat paper as it were; he hath not drunk ink.—Shakespeare.

TIMELY HINTS.

Now that it is a part of our expression of loyalty to our country in war for us to economize in every way possible to save food, even with money to buy the surplus, it is a good time to cut down on our own eating. The average over weighted individual beyond thirty could easily cut out one-third of the food eaten. We have by over-indulgence so stoked the furnace that it seems dissatisfied unless the usual amount is eaten.

When the excretory organs are over-worked the liver stored with fat and the kidneys and skin stored with waste, the body cannot do its work without the food, chewing it until it "swallows itself" as Fletcher says, less food would be eaten, less waste would result and there would be the assimilation of all the food eaten, which is a most important item when we are asked to save food. Any woman who carries one pound excess of weight is robbing our country of its needed food. Know your height, know your weight and act accordingly.

It takes will power to overcome a habit of long standing, but with determination and the desire to do her part in this, our war, the women of America will not be found lacking.

Eat plenty of vegetables, the salts and mineral matter which they contain are most essential to keep the blood in good condition and the body strong and well.

Make a better and bigger vegetable garden this year, have a variety of vegetables for each day and can any surplus while it is still fresh from garden. Dandelion greens are especially fine canned. They should be put into the cans within an hour from the time they have been growing.

Fruits as well as vegetables contain mineral salts and acids necessary to keep the body in good condition. Children should not be restricted as to fruits and vegetables, they need the iron, lime and a dozen other mineral salts found in such foods to build strong bodies. Serve water cress, pepper grass, spinach and dandelion instead of sulphur and molasses or drugs for the "spring fever."

Nellie Maxwell

Winona, Minn., dealers sell muskrat meat at 7 cents a pound.

What Well Dressed Women Will Wear



NEW VERSION OF THE TAILORED SUIT.

Here is a version of the tailored suit that is distinctly new and in excellent style. It conserves wool to the last inch in the coat in order that the skirt may be indulged in an unaccustomed bit of drapery at the back. In nearly all the new spring suits it is the skirt that has not an inch of cloth to spare, for the regulation skirt is as plain as the experienced tailor knows how to make it. The coat is made interesting with the remainder of the goods from the allowed yardage which must not exceed four and a half yards of 54-inch goods.

Small checks in which blue and black, brown and black, or green and black, are the predominating color combinations, are featured this spring made up with a plain fabric of the color in colored check, and the colors are dark, but vivid. There are quieter checks, like that in the picture, in taupe and gray and an occasional black and white.

The small, fitted-in coat in the suit pictured has no peplum at the sides and front, only the side bodies and

out of the question for the "flapper" who must wait until more years than seventeen have passed by her before she may have whatever she wills. "It is forbidden" is written on much trimmed millinery for her.

But those who make the needs of the young girl their special care, have provided lovely, simply trimmed hats for her; embodying the charm of little girlhood in them. No one else can wear hats just like them. Three models, made for the girl between twelve and seventeen are pictured in the group above, two of them for all-round wear and one for dress-up times. The hat at the upper left is of Italian milan with the crown in the natural color of the straw and the brim in blue. Several colors in the brim with natural color in the crown make a choice of combinations possible in this hat. It is trimmed with a wide band of moire ribbon fastened at the front with a painted ornament of wood. The ribbon extends from the right front of the shape to the middle of the back, about the left side. It is



FILLING THE FLAPPER'S NEEDS AND DESIRES.

center of the back are extended into a short peplum. Three narrow tucks are stitched in at the waistline, across the back, where they make themselves very useful. They help fit the coat to the figure, and make the required support for the belt. This fastens at each side of the back with three hand-some bone buttons of gray with border of white set in a rim of black. The belt is wide and plain and extends about the figure without wrinkles. The long collar is of white wash satin.

The skirt is smooth across the front with two plaits at each side. The back is cut long enough to allow it to be caught up in two places.

There are a good many of these short coats, in a variety of designs, besides cotton jackets, that make it easy to use a short allowance of material. Many suits are lavishly braided-trimmed, with the braid applied in many parallel rows to plain coats and skirts. Some checked suits are bound with braid but checks take the place of decorations and are at their best when simply treated.

The revival of trimmings has transformed the showrooms and windows of millinery establishments into a millinery paradise filled with beautiful flowers and fruits, ribbons and braids and all sorts of alluring fabrics. Much of this splendor of joyous millinery is

turned down at the back falling in a single sash end to the waistline.

At the right, a snappy, picturesque shape is of Italian milan all in the natural color of the braid. It rolls up at the left side. A band of blue velvet ribbon is attached to the upturn and brought around the hat to the back. Here it is arranged in a flat bow against the crown with two short streamers falling from it half way to the waistline. An ornament painted in the same bright blue as the ribbon is posed against the crown at the right.

No flapper will be able to look upon the hat pictured at the center of the group without growing enthusiastic. It is a light pink hair braid having a wide brim faced with georgette crepe and three rows of narrow lingerie lace in frills about the brim. It has a long sash of wide pink satin ribbon and the sweetest of small garden roses, full blown, sets in its leaves, against the sash at the front. Almost any flapper will blossom into a vision of loveliness in it.

Julia Bottomley

A mother hands her daughter a lot of advice she ought to have followed herself, but didn't.

AMPLE WOOD FUEL RESERVE ADVISED

Abundance of Coal Supply Next Winter Seems Unlikely.

COMMUNITIES CAN GIVE AID

Laying in Plentiful Supply of Well-Seasoned Firewood Will Help in Relieving Overburdened Transportation.

(Prepared by the United States Department of Agriculture.)

An ample wood fuel reserve for next winter should be the aim of every city, town, and country resident. No one knows how much coal there will be for general fuel purposes. An abundance of coal seems unlikely. Coal is particularly needed for war industries, shipping, and our allies. Communities can render themselves far less dependent on coal and also help in relieving an overburdened transportation by laying in a plentiful supply of well-seasoned firewood.

Start Municipal Woodyards. Municipal woodyards have been started in many towns and cities and are working very successfully. North Carolina has between forty and fifty of them. Such a woodyard operated by the municipal officers or private companies should be in operation all spring and summer in every town, where wood can be obtained, building up a fuel reserve for next winter. War fuel companies have been organized in the towns in New Hampshire, Tennessee, and some other states. Those responsible for the government of towns and communities should take steps once to guard against difficulties when the next cold weather comes.

Wood Abundantly Available. It is a matter of common knowledge that in many localities where wood is abundantly available, almost at the very doors of the farmers, that coal has been hauled from five to ten miles



Municipal Woodyard in Operation.

to supply them. This meant in many cases the deprivation of cities of coal which could not secure wood and has caused much hardship and suffering. Co-operative action on the part of communities and towns during the past winter has been eminently successful in many places in the eastern United States, bringing much wood into use and at prices ranging mostly from \$5 to \$8 per cord for stove wood delivered, thereby eliminating "profiteering" of amounts ranging up to as high as \$9 to \$12 per cord.

Much can be done this spring in the Middle and North Atlantic and Lake states. In the Southern states where crop work is pretty well along, only an occasional day can be devoted to this work. A big drive for winter wood fuel is being planned for the South beginning in August when crops are "laid by." Every rainy or idle day and every other day that can possibly be spared should be used in chopping wood in order to have on hand a supply of seasoned wood. The forest service and the states relation service of the department of agriculture and the various state colleges of agriculture are co-operating with the federal fuel administration in this nation-wide fuel campaign.

MANURE IS OF GREAT VALUE

Farmer Who Is Not Paying Attention to Fertilizer Is Overlooking Important Point.

The value of barnyard manure has always been recognized, but the protection necessary to preserve the fertility of the manure has not been recognized. The value of manure on different soils is illustrated by experiments in different parts of the state by the Missouri college of agriculture. As an average of all experiments on outlying fields barnyard manure has brought a return of \$1.90 a ton, although on some of the fields the return has exceeded \$3.00 a ton. On one experiment field the return has been at the rate of \$4.10 a ton. These experiments show that the farmer who is not caring for his manure is overlooking a most important source of revenue.

PREPARE TO BATTLE CORN STALK BEETLE

Many Growers in Southern States Reported Injury to Crop.

Damage Was Quite Severe Wherever Soil Was Such as to Sustain Grub —Control Measures Recommended by Entomologists.

(Prepared by the United States Department of Agriculture.)

Last year a corn pest, described by entomologists of the United States department of agriculture as the rough-headed corn stalk beetle, appeared in many parts of the South. Many corn growers of Texas, Georgia, Louisiana, Arkansas and Alabama reported injury to their corn by this beetle, the damage being quite general and severe wherever the soil was such as to sustain the grub.

The beetle varies somewhat in size, according to the entomologists, but usually measures about one-half inch in length. It is a stout, hard-shelled creature, jet black in color. It is thought to be distributed only in the Southern states. The damage is done wholly by the adult and consists in boring into the outer wall of the stalks immediately below the surface of the ground, making a large ragged opening, and destroying the tender growing point, or "heart," upon which the beetle feeds. The damage is done only during spring and early summer. Field observations show that outbreaks, for reasons as yet imperfectly understood, do not necessarily recur in successive years.

A summary of control measures recommended by the entomologists and described in detail in the bulletin may be outlined as follows:

1. Eliminate all old pastures or waste land, especially low, moist areas, and drain such lands thoroughly.
2. Pasture hogs in waste or pasture lands that cannot be conveniently drained and cropped.
3. Plant corn early, say, about April 20, for tidewater Virginia, and earlier for more southerly localities.
4. Give liberal applications of barnyard manure or commercial fertilizers whenever practicable.
5. Employ children or cheap labor to collect and destroy the beetles when a field first shows injury.
6. Do not allow corn to follow sod if possible to avoid it.
7. Plow sod land in late summer and early fall in order to destroy the pupae of the rough-headed cornstalk beetle.

TREAT CHICKENS FOR WORMS

Massachusetts Poultry Raiser Recommends Remedy to the Agricultural Department.

(Prepared by the United States Department of Agriculture.)

A remedy for worms in chickens that a Massachusetts poultry raiser found "very successful," according to his letter to the United States department of agriculture, follows:

"Give the chickens no food or water for 24 hours before treating; then feed them half the usual amount of ground feed, in which has been mixed finely chopped tobacco stems mixed for two hours in all the water they will absorb. One pound of tobacco stems (weighed before soaking) is sufficient for 100 birds. Two hours after the chickens have eaten the medicated mash, give the one-fourth of the usual ration of ground feed mixed with water in which Epsom salt has been dissolved, using 11 ounces of Epsom salt for 100 birds.

"To reduce the chances of further infestation all manure and loose dirt should be removed from the chicken yard, and the pens and roosts thoroughly scalded and cleaned with hot water."

GREAT CARE FOR LIVE STOCK

Animals Represent Considerable Capital and Should Receive Proper Feed and Shelter.

Raising livestock requires a higher order of intelligence and greater care than growing crops. Animals must have care and attention. They represent considerable capital and for this reason it is highly desirable that they be fed and sheltered. That is one reason why men who raise live stock are generally very alert and progressive.

HANDPICKING OF BEAN SEED

Not Long Nor Laborious Job as They Are Larger Than Wheat or Barley—Keeps Crop Pure.

The handpicking of the beans is not a long nor a laborious job as the bean is much larger than the barley or wheat grain. Those who have tried it declare most enthusiastically in favor of this careful method of bean selection. After the beans have once been hand-picked it is relatively easy to keep the seed pure.

SYSTEM FOR POULTRY FARM

Arrange Buildings So That One Can Readily Go From One to Another Without Trouble.

The poultry farm should be arranged so that the work can be done systematically. Place the buildings so that one can readily go from one to the other. Many steps are saved by having a place for everything and everything in its place.